

Stein Senior Center April 2017 Lunch Menu – Lunch Served 11:30am – 12:45pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Citrus Sesame Crusted Salmon Quinoa and Black Beans Broccoli and Red Peppers	4 <i>SEDER LUNCH</i> Baked Chicken String Beans Roasted Potatoes	5 Pork Spare Ribs Roasted Broccoli Mashed Sweet Potatoes	6 BBQ Chicken Egg Noodles Garden Salad	7 Coconut Curry Cod Fish Brown Rice Sautéed Spinach
10 Oven Fried Chicken Baked Zucchini Roasted Peppers	11 Beef Lasagna Garden Salad	12 Salmon in Garlic Butter Sauce Quinoa, Baby Carrots with Parsley	13 Mexican Chicken with White Rice Cauliflower Sautéed Spinach	14 CLOSED (Good Friday)
17 Teriyaki Baked Fish Brown Rice Steamed Green Beans	18 Turkey with Gravy Roasted Potatoes Spinach, Apple and Red Onion Salad	19 Baked Chicken Legs Cous Cous Creamy Spinach	20 Classic Salisbury Steak Mashed Potatoes Mixed Vegetables	21 BBQ Chicken Breasts Collard Greens with Tomato Mexicali Corn
24 Turkey Burger Lettuce & Tomato Roasted Potatoes	25 Baked Chicken Legs Tabbouleh with Garbanzo Beans Broccoli with Toasted Garlic	26 Pork Spare Ribs Brown Rice Tangy Green Beans	27 BBQ Chicken Barley Baby Carrots with Parsley	28 Baked Salmon Mashed Sweet Potatoes
MAY	MAY	MAY	MAY	MAY
1 <i>Turkey Salad Homemade</i> <i>Cucumber Dill Salad</i> <i>Greek Salad</i>	2 <i>Salmon in Garlic Butter Sauce</i> <i>Quinoa and Black Beans</i> <i>Mixed Green Salad</i>	3 <i>Chicken Parmesan</i> <i>Spaghetti</i> <i>Steamed Spinach</i>	4 <i>Beef Brisket With Tomatoes and Onions</i> <i>Baked Sweet Potato</i> <i>Garden Salad</i>	5 <i>BBQ Chicken</i> <i>Yellow Rice</i> <i>Mixed Green Salad</i>

* Each meal also includes: Fresh Bread or a Roll, Fruit and Juice

*Suggested Donation \$2.00 for those 60+

*Partially funded by the Department for the Aging

Guests under 60 – \$5.00

MENU SUBJECT TO CHANGE